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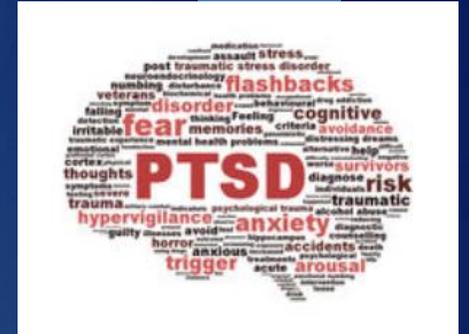
utah department of
human services
SUBSTANCE ABUSE AND MENTAL HEALTH

Veterans Scorecard - Local Mental Health Authorities

| | Total Count | SMI | Unfunded | Supported Housing | Jail | Supported Employment |
|-------|-----------------|------------|---------------------|-------------------|-----------------------|-----------------------------|
| | 2017 | 2017 | 2017 | 2017 | 2017 | 2017 |
| Rural | 233 | 122 | 65 | 9 | 16 | 5 |
| Urban | 549 | 338 | 108 | 9 | 25 | 19 |
| Total | 760 | 458 | 172 | 18 | 41 | 24 |
| | Employed | % Employed | Community Inpatient | Residential | Medication Management | Psychosocial Rehabilitation |
| | 2017 | 2017 | 2017 | 2017 | 2017 | 2017 |
| Rural | 110 | 65% | 2 | 1 | 80 | 19 |
| Urban | 177 | 69% | 9 | 5 | 229 | 43 |
| Total | 287 | 68% | 11 | 6 | 308 | 61 |
| | Case Management | Assessment | Therapy | Outpatient | Peer Support | Emergency |
| | 2017 | 2017 | 2017 | 2017 | 2017 | 2017 |
| Rural | 186 | 339 | 183 | 234 | 8 | 39 |
| Urban | 68 | 149 | 326 | 490 | 28 | 56 |
| Total | 254 | 488 | 509 | 724 | 36 | 95 |

Trauma-Specific Evidence Based Practices provided by Local Mental Health Authorities

- ▶ Cognitive Processing Therapy
- ▶ Trauma Recovery & Empowerment Model (TREM)
- ▶ Helping Women Recover
- ▶ Seeking Safety
- ▶ Beyond Trauma
- ▶ Dialectical Behavior Therapy (DBT)
- ▶ Eye Movement Desensitization and Reprocessing (EMDR)
- ▶ Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)
- ▶ Attachment, Self-Regulation, and Competency (ARC)



Individual Placement & Support/Supported Employment (IPS/SE)

- ▶ Evidence-based employment program
- ▶ October 1, 2014-March 31, 2018 – 846 served by Weber Human Services and Southwest Behavioral Health
- ▶ 71% or 601 have a history of trauma
- ▶ Military Service 2% or 17 in the Armed Forces
- ▶ Family Member of Military 32% or 271
- ▶ Working FT or PT within first 6 months – Increase 12% to 48%
- ▶ Now available at Weber Human Services, Davis Behavioral Health, Salt Lake County (Alliance House). Wasatch Mental Health, Southwest Behavioral Health
- ▶ Starting in Salt Lake County (Volunteers of America, First Step House) and San Juan Counseling



Assisted Outpatient Treatment (AOT)

- ▶ Evidence-based wrap-around treatment for individuals on civil commitment with a history of non-compliance with treatment
- ▶ October 1, 2016-March 31, 2018 – 108 served by Weber Human Services and Davis Behavioral Health
- ▶ History of trauma – 62% or 67 individuals
- ▶ Military Service - 2% or 2 individuals
- ▶ Family Member of Military - 31% or 33 individuals
- ▶ AOT is available at Weber, Davis, Salt Lake County, Tooele
- ▶ All Local Authorities have some level of community supports/in-home supports



Homeless/Chronically Homeless Veterans



- In 2017, there were 2,807 homeless individuals (point-in-time count).
- 1,049 were homeless veterans
- 385 were chronically homeless veterans

Collaborative Agreement to Benefit Homeless Individuals

- ▶ Assertive community outreach teams (ACOT) provide wrap-around services to homeless veterans, chronically homeless veterans, and chronically homeless individuals with serious mental illness
- ▶ October 1, 2014-September 30, 2017 – data available from 105 individuals served across the Wasatch Front
- ▶ History of Military Service – 8.6% or 9 individuals
- ▶ Family Member of Military – 13.3% or 14 individuals
- ▶ Data point – Individuals who dropped out of treatment reported more trauma symptoms at baseline than individuals who did not drop out of treatment
- ▶ ACOT and intensive CM teams have been maintained across the Wasatch front (ORG)

Highest suicide rates

- ▶ After accounting for differences in age, the Veteran suicide rate in Utah was significantly higher than the national Veteran suicide rate (2015)
- ▶ Urban – Weber Human Services, Salt Lake County
- ▶ Rural – Four Corners Counseling, Northeastern Counseling, Central Utah Counseling
- ▶ Anonymous screening site - HealthyMindsUtah.Org

HealthyMindsUtah.Org

- ▶ Anonymous screening site includes the SPRINT-4 for PTSD
- ▶ 1,247 PTSD screens completed since October 2015
- ▶ 80% are 18-44 yoa, 26% male, 83% have no treatment history
- ▶ 44% have had suicidal ideation at least some of the time

If you're thinking about suicide or are worried about someone else, call the National Suicide Prevention Lifeline 1-800-273-TALK (8255), dial 911 or go/take them immediately to the nearest hospital emergency room for an evaluation.

[RETURN TO SCREENING](#)

- ▶ 76% said that they would seek help for their symptoms
- ▶ Referral at the end of the screen is to their Local Mental Health Authority

EDUCATE YOURSELF



Have questions about mental health?
We have answers to frequently asked
questions on topics like insurance.



ACE - for Veterans and their Families

The purpose of ACE (Ask, Care, Escort) is to help Veterans, their family members, and friends learn that they can take the necessary steps to get help. ACE summarizes the steps needed to take an active and valuable role in suicide prevention. The brochure, linked below, provides more in-depth information.

VETERANS SUICIDE DEPRESSION



How to Recognize When to Ask for Help

Sometimes problems seem like they are impossible to solve for many different reasons. Sometimes we are not even fully aware a problem is building up. We just know something is wrong. When problems build up, even the strongest individuals may think about suicide. Yet suicide is not the answer. Are you, or someone you know, at risk for suicide?

VETERANS SUICIDE DEPRESSION



Partnership Programs

Veterans Integration to Academic Leadership (VITAL)

Aaron Ahern, PhD (SLC VAMC), WSU, SLCC

Support for Veteran students in college

Certification of Veteran Peer Support Specialists

Mark Hutcheson, CPSS (SLC VAMC)

30 CPSS

Intensive Case Management (Discussion)

Rebecca Mabe, LCSW (SLC VAMC), Ogden CBOC, WHS, DBH

For veterans needing recovery support services